



SPRING 2021

# Strengthening People—Building Community

A BI-ANNUAL NEWSLETTER FOR THE SUPPORTERS OF TRICITY FAMILY SERVICES

Dear Friends,

As a loyal supporter of TriCity Family Services, you know that our mission is providing quality mental health counseling that is accessible and affordable to all.

Since the outbreak of the COVID-19 pandemic, we have personally witnessed this community being impacted by mental health issues and watched demands for our services practically multiply overnight.

During one of our most challenging years on record, we take comfort in the words of Heaven, a client who recently shared her experiences about TriCity Family Services with attendees of the No Place Like Home Virtual Gala.

With heartfelt words and utmost confidence, Heaven asserted, *“All my life I’ve felt so disconnected from my family and friends and have felt like I’ve had no one and I am so grateful for my therapist because I have never had anyone fight for me as hard as she has or love on me and accept me like she has. If there is one thing I have learned from therapy here is that it is 100% okay not to be okay.”*

In times of crisis, no matter the circumstances, we take pride in the work that we do. We thank YOU, the community, for standing alongside us particularly during these past fourteen months. We are so grateful to everyone who has been advocating that mental health matters ... in Kane County and beyond.

As we prepare to close out this fiscal year, we aspire to keep the momentum going for clients like Heaven. Your past support has meant so much to our entire organization. ***The need for mental health services doesn’t stop ... can we count on you to help strengthen awareness and fight hard for those who need us most?***

With tremendous gratitude,

**Laura Poss**  
Executive Director

**PLEASE DONATE**

CONTINUED ON NEXT PAGE

# NO PLACE LIKE HOME ... LITERALLY!



**AND YOU WERE THERE, AND YOU WERE THERE, AND YOU WERE THERE:** Scenes from our 2021 No Place Like Home Virtual Gala.

Our first attempt at celebrating the brains, heart and courage behind our mission was blindsided in 2020 by COVID-19 and resulted in the in-person fundraiser quickly transitioning into a remote experience.

Nearly one year later, with restrictions still in place, the expression 'There's No Place Like Home' took on a literal meaning for the nearly 120 attendees who logged into YouTube on March 20 for the annual fundraiser. The major difference, however, is that the added planning time allowed for creative execution. Guests were treated to a true virtual experience, complete with in-home meal kits delivered to each attendee, homemade poppy centerpieces, sweet treats, program booklets, and sponsor souvenirs. It was, indeed, a magical night with a beautiful message offering hope in the darkest of times.

In addition to meaningful video testimonials shared by members of the community, including a client of the agency,

the Golden Heart Awards were presented to **Mike and Betsy Penny, The Richard H. Driehaus Charitable Lead Trust, and Geneva Women's Club.**

Our deepest thanks to this year's event sponsors: **FT Cares Foundation** (Wizard of Oz/Production Sponsor); **The Reese Family Charitable Foundation** (No Place Like Home/Entertainment Sponsor); **Nicor Gas** (Scarecrow/Meal Sponsor); **Caterpillar** and **Sterling Bank** (Tinman/Beverage Sponsors); **Kluber Architects + Engineers** (Not in Kansas Anymore/Golden Ticket Raffle Sponsor); **Graham's Chocolates** (Sweet Treats Sponsor); and **Vintage 53** (Wine Pull Sponsor).

We would also like to acknowledge our Corporate Partners in Caring: **ALDI; FONA International; First National Bank of Omaha; DHJJ; Doran Scales; Fox Valley Orthopedics; K. Hollis Jewelers; Mason, Faith & Hoscheit; Nicor Gas, and St. Charles Bank & Trust.**

**FOLLOW-UPS**

**PANDEMIC PIVOT**



A pair of virtual galas. Two virtual 5Ks. A couple of virtual trivia nights. And one virtual awards celebration of philanthropy. That about sums up our world of special events since the last newsletter ... better known as Pivoting in a Pandemic.

Since our last print edition, we have taken fundraisers to a completely different

level. Fortunately, with each event, we were able to raise critical dollars, cultivate strong donors and community supporters, and produce hope in times of challenge.

Both our Emerald City and No Place Like Home Galas were instrumental in channeling a heartfelt message through video messaging, testimonials and creativity. The latter was celebrated by nearly 120 people and raised more than \$50K.



**VIRTUAL TRIVIA NIGHT**

What do you get when you cross nine brainiac teams with one of the most unlucky days of the year? A superstitious-themed trivia game!

Friday the 13<sup>th</sup> of November found a large Zoom following prepared to tackle questions ranging from sports superstitions to all things related to Stephen King. And for an inaugural remote trivia experience, it proved that we can take just about any event and convert it into a virtually fun time.

**OANS, ZWOA, DREI ... GOLF!**

TriCity Family Services' first return to IN-PERSON events since the pandemic began was held in September 2020 and we appreciated the chance to gather outdoors on a beautiful autumn day for a good cause ... and a German-themed golf outing complete with brats, burgers and Bavarian beverages.

On Monday, September 14, fifty-six golfers took to Prairie Landing Golf Course, voted by Golf Advisor as the #2 top public golf course in Illinois, to help raise nearly \$12,000 for mental health.

Back by popular demand, we invite you to "Save the Date" and join us for our 2<sup>nd</sup> Annual Golftoberfest on Monday, September 20, 9am, at Prairie Landing Golf Club. Lederhosen optional, we are looking for men and women to play, sponsor and volunteer.

Registration for the 2021 outing will include light breakfast, 18 holes of golf, lively on-course contests, lunch, awards, and goodie bags for all participants. Cost to play is \$165 per golfer and registration opens July 1.



And we want this year's outing to be a full-fledged Oktoberfest celebration so dressing the part (lederhosen, Bavarian hats, etc.) is strongly encouraged. Most spirited team wins a prize!

# DR. JOHN MASON RECEIVES 2020 BARTH AWARD IN VIRTUAL PRESENTATION

TriCity Family Services presented the 36<sup>th</sup> Annual William D. Barth Award on October 21 to **Dr. John Mason** of St. Charles. For the first time in Barth history, the award was presented virtually due to COVID-19 restrictions

Sponsored by TriCity Family Services, the William D. Barth Award honors the memory of William D. Barth, a founder of the agency and a dedicated community leader. The honor is given to someone whose belief in the community and concern for those living here is shown by an ongoing involvement in community life.

In 1987, Mason started practicing dentistry with Dr. John Dickens after having received his Doctor of Dental Science degree from Northwestern University and his undergraduate degree from DePauw University. He completed a dental residency at Charity Hospital of New Orleans. Mason is a member of the Academy of General Dentistry, the Fox Valley

Dental Society, and the American Dental Association.

Nominated for his commitment, passion and genuine desire to assist, protect and nurture those less fortunate, Mason has been an integral part of the community. Over the years, Mason's unwavering dedication to organizations in St. Charles has included American Cancer Society; Bunco for Breast Cancer; Dentists with a Heart; Feed My Starving Children; Hands of Hope; Knights of Columbus; Lazarus House; Living Well; Special Olympics; St. Charles Make a Difference; St. John Neumann Catholic Church; St. Pat's Emerald Evening; St. Charles East Kick-a-Thon; St. Charles Education Foundation, and TriCity Family Services. Since 2002, he has also been providing complimentary care to patients of TriCity Health Partnership at his office. In 2014, Mason was the driving force behind the clinic having an onsite dental



**THIS YEAR'S WINNER:** Dr. John Mason room and continues to volunteer at the clinic monthly.

While his many acts of charity touch the lives of area residents, Mason has also taken his value system to another level by accompanying students on mission trips to provide care globally. By mentoring them on the need to give back to the



**THE WHOLE TEAM:** Dr. Mason and his dental team from Mason, Faith & Hoscheit



**AND BERNIE, TOO:** Barth nominator, TriCity Health Partnership, congratulates Dr. Mason

world, he has fostered a community of caring, giving, selflessness, and charity for future generations. Mason has impacted many in St. Charles and encourages his staff to volunteer in the community and find joy in the act of helping others.

Mason resides in St. Charles with his wife, Jane, and their dog, Riley. In his spare time, he enjoys fly-fishing, skiing and spending time with his four adult children.

The William D. Barth Award was established in 1985 and recognizes one individual each year who has made a significant and positive impact, through community service, on the Central Kane County area.

Past recipients of the William D. Barth Award include the following: Loy

Williams, 2019; Melinda Kintz, 2018; Dudley and Judy Burgess, 2017; The Honorable Clint Hull, 2016; Carolyn Fabian, 2015; Joanne Spitz, 2014; Fred Norris, 2013; Carolyn Sprawka, 2012; Sarah Kimber, 2011; James Kintz, 2010; Mary Lu O'Halloran, 2009; Pam Mann, 2008; Doris Hunt, 2007; Cris Anderson, 2006; Steve Lillie, 2005; Peg Halladay, 2004; Vernon Oie, 2003; Melinda Hinners, 2002; Darlene Marcusson, 2001; Betsy Penny, 2000; Marjorie Hissong, 1999; Robert Hawse, 1998; Carol Rosene, 1997; Ralph & Lucile Little, 1996; Vernon Guynn, 1995; Howard Wallin, 1994; James Abbot, 1993; Joanne Hansen, 1992; Max Hunt, 1991; Russell Forkins, 1990; Nellie Wood, 1989; Nancy Temple, 1988; Glen Haines, 1987; Jim McCausland, 1986 and Frank Burgess, 1985.



**I ACCEPT:** Delivering his acceptance speech



## ACTIVATE THE ALLEY

The public was invited to a Mural Reveal and Ribbon Cutting at Water Street Studios on August 18, as part of Water Street Studios' Activate the Alley "pARTnership" project. To honor its 10-year anniversary, Water Street Studios paired 10 local artists with 10 local nonprofit agencies to create outdoor, public art murals that illustrate the programs and services the nonprofits offer. All murals are on display in the alley leading up to the entrance of the studio.

TriCity Family Services' mural design was created by Aurora artist **Maureen Gasek**.

**EXECUTIVE DIRECTOR**  
LAURA POSS

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# EMOTIONAL WELLNESS PROGRAMMING

## **Wilderness Challenge Program 2021**

We are excited to be returning to the Boundary Waters Canoe Area Wilderness of Northern Minnesota from June 10-17 for the 31<sup>st</sup> Annual Wilderness Challenge Program after a one-year hiatus! Following CDC guidelines, the agency has implemented COVID-19 safety procedures that all participants, staff and volunteers are required to follow. Graduating eighth, ninth and tenth graders will canoe, portage and camp, while developing valuable life skills to help prepare them for adjustment to high school and their young adult life. With the guidance of trained staff and through a multitude of natural challenges, the focus of the trip is to enable teens to develop peer relationships, team building and problem-solving skills. As usual, no prior camping or wilderness experience is required because program initiatives are designed to match each teen's physical and emotional readiness. After completing the trip, participants are invited to attend the Wilderness Challenge Group with follow-up events throughout the school year that strengthen lessons that are learned on the trail and further develop leadership potential.

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### **Preschool Story & Social Time**

This program is presented by TriCity Family Services' Director of Emotional Wellness Programs, **Michelle Clark**, Licensed Clinical Professional Counselor, NCC, experienced group facilitator, and parent.

Preschoolers (ages 3-5) will learn and practice social/emotional skills from the comfort of home alongside a parent or caregiver, while seeing and hearing each other express emotions without wearing masks. **Expect highly interactive, 30-minute experiences with a focus on playful learning and conversation in an encouraging, positive, and supportive environment.** Children are NOT expected to sit still the whole time. Attend once or every week, in the mornings or afternoons or both, via Zoom.

**Registration is required. Cost is free.**

10:30-11am, Preschool Story and Social Time (for ages 3-5 with a parent or caregiver)

**Dates: Tuesdays, June 8, 15, 22, 29**

<https://us02web.zoom.us/meeting/register/tZAkcOysqTwtHtJmQrKaozjsFfZyB7WLM-KOK>

6-6:30pm, Preschool Story and Social Time (for ages 3-5 with a parent or caregiver)

**Dates: Tuesdays, June 8, 15, 22, 29**

<https://us02web.zoom.us/meeting/register/tZApduyopzMoHdShpqon4AvyRWadlO-iU67M4>

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### **Responding to Stress & Worries**

This program is presented by TriCity Family Services' Director of Emotional Wellness Programs **Michelle Clark**, Licensed Clinical Professional Counselor,

*(CONTINUED ON NEXT PAGE)*

# HERE'S TO THE FUTURE

From January 2020 to now, the need for our services has been growing, (including a near-triple increase in our Family-Based Treatment for Eating Disorders Program!), which means we must grow our agency to keep up with demand. We welcome the following staff to our team, who have been hired since our last newsletter.

**Therapists:** Emma Baxter, Judith Cervantes, Leanne Deister-Goodwin, Sara Gjorgjevik, Jessica Guzman, Laura Kenward, Donna Newbold, Kathy Omsberg, Alice Pierce and Christopher Scropos.

**Manager of Office Operations:** Rosie Gregor

**Intake Coordinator:** Delaney Guinan

**Front Desk Receptionist:** Nichole Reed

As we introduce so many new faces to our agency, we must also bid a fond farewell to Sandy Jones, our beloved manager of office operations, who will be retiring on June 30 after dedicating a quarter century of her life to TriCity Family Services. Her passionate commitment to our mission will be greatly missed, as will her fun spirit, musical outbursts, and sense of humor.



**THANKS, SANDY!:** Our office manager, Sandy Jones, is retiring

Best wishes to Sandy on a future filled with good health, much happiness and plenty of good recipes!

## (CONTINUED FROM LAST PAGE) EMOTIONAL WELLNESS PROGRAMMING

NCC, experienced group facilitator, and parent.

Registration is required. Cost is free.

### *Children and Parents Learn Together:*

- Steps to calm the physical reactions to distress
- Self-talk and phrases to say aloud when responding to children's anxiety
- Daily activities that build skills for resilient responses to stress

### **Responding to Stress & Worries – For Elementary School Students & Parents**

**Date: June 17, 4-4:30pm**

<https://us02web.zoom.us/j/84481117603>

### **Responding to Stress & Worries – For Middle School Students & Parents**

**Date: June 17, 5-5:30pm**

<https://us02web.zoom.us/j/84481117603>

### **Responding to Stress & Worries – For High School Students & Parents**

**Date: June 17, 6-6:30pm**

<https://us02web.zoom.us/j/84481117603>

### **Preschool Sibling Harmony**

This program is presented by TriCity Family Services' Director of Emotional Wellness Programs Michelle Clark, Licensed Clinical Professional

Counselor, NCC, and parent.

*Preschoolers and their siblings will learn and practice:*

- Ways to share
- Using feeling words to get along with each other
- Giving thanks

*Parents will also leave with . . .*

- Tips and answers to questions about how to reduce rivalry and increase harmony

30-Minute Interactive Presentation to Children with Their Parents/ Caregivers, Followed by 15-Minute Q&A Just for Parents/Caregivers

Registration is required. Cost is free.

**Date: June 24, 6-6:45pm**

<https://us02web.zoom.us/j/84481117603>



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